INDIAN · LUNCH · DINNER

# Gongura Mutton (Andhra Sorrel Leaf and Goat Curry)

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55 min · Serves 2 · 323 kcal a serve · Video 5:34 in Telugu · suneetha chowdhary

Gluten-free ingredients · No dairy listed · No nuts listed

Goat meat cooked down with tangy gongura leaves and spices, with no cream or sugar: about 28 g protein, 6 g fibre and 10 g net carbs a serve.

**Diet notes:** Low carb (9.8 g net carbs) but not keto: 48% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.9 g, 5% of the energy); DASH-friendly (480 mg sodium a serve); Paleo with a swap: olive, avocado or coconut oil instead of the oil.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 17 · SERVES 2

- [ ] 1 large bunch **gongura** (sorrel or roselle leaves), picked and washed
- [ ] 2 tbsp **oil**
- [ ] 4 **cloves**
- [ ] 1 small **cinnamon** stick
- [ ] 1 **bay leaf**
- [ ] ½ tsp **shahi jeera** (black cumin seeds)
- [ ] 1 medium **onion**, chopped
- [ ] 3 **green chillies**, sliced
- [ ] 1 tsp **ginger-garlic paste**
- [ ] 11 oz mutton (goat) curry pieces on the bone
- [ ] 1 large **tomato**, chopped small
- [ ] ¼ tsp **ground turmeric**
- [ ] **Paprika**: a little over 2 tsp red chilli powder
- [ ] **salt** to taste
- [ ] ½ tsp **roasted coriander powder**
- [ ] ½ tsp **garam masala**
- [ ] a little chopped **coriander leaves**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Put the gongura leaves in a small pan with 2–3 tbsp water and cook over medium heat for 4–5 minutes, stirring, until soft and the water has gone. Set aside. 0:25
2. Heat the oil in a deep pan over medium heat and fry the cloves, cinnamon, bay leaf and shahi jeera. 1:04
3. Add the onion and green chillies and fry for 2–3 minutes until light golden. 1:26
4. Add the ginger-garlic paste and fry for 2–4 minutes until the raw smell is gone. 1:48
5. Add the mutton, tomato, turmeric, chilli powder and salt, mix well, cover and cook for 5–6 minutes until the oil rises. 2:18
6. Stir in the coriander powder and garam masala, cook covered for 2 minutes, then add enough water to cook the mutton and simmer about 25 minutes until tender and almost dry. 3:23
7. Stir in the cooked gongura and the coriander leaves and cook for 5 minutes more on medium heat. 4:21

> **Tip** Serves 2 (our estimate for 11 oz mutton). A pressure cooker cuts the cooking time. Traditionally eaten with rice; cauliflower rice keeps it lower in carbs. Gongura is sold in Indian grocers; sorrel leaves are the closest swap.

The method is a summary in our words, in English — the video (in Telugu) shows every step.

## One serve gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| **323 kcal**<br>1,350 kJ | **28 g**<br>56% of a day | **16 g**<br>9.8 g net · 5.7 g sugars<br>6% of a day |
| **FIBRE** | **FAT** | **SODIUM** |
| **5.9 g**<br>21% of a day | **17 g**<br>1.9 g saturated<br>22% of a day | **480 mg**<br>21% of a day |

**Energy from** net carbs 13% · protein 37% · fat 50% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Omega-3 79% · Vitamin C 54% · Zinc 49% · Vitamin B12 45% · Iron 34% · Vitamin E 29% · Vitamin A 23% · Vitamin K 23% · Selenium 22% · Potassium 21%

**Source of** (10–19%) Magnesium 19% · Vitamin B6 19% · Folate 10%

**Recipe and video:** suneetha chowdhary (@mallika2arjun938) on YouTube — youtube.com/watch?v=_M6GTPBCuNs, published 7 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gongura-mamsam-mutton